

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chickpea and carrots with couscous</p> <p><b>Ingredients:</b>, Chick Peas, Carrots, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b></p> <p><b>G</b></p>	<p>Beef and peppers with rice</p> <p><b>Ingredients:</b>, Beef Mince, Peppers, Basmati Rice</p>	<p>Chicken and carrot turnips swede peas with potatoes</p> <p><b>Ingredients:</b>, Chicken Breast, Carrots, Turnips, Swedes, Garden Peas, Potatoes</p>	<p>Chicken and carrots with pasta</p> <p><b>Ingredients:</b>, Chicken Breast, Carrots, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b></p> <p><b>G</b></p>	<p>Bean with sweetcorn and potatoes</p> <p><b>Ingredients:</b>, Beans, Sweetcorn, Potatoes</p>
Dessert	<p>Fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>

**Allergens Key**

- D** Dairy
- E** Eggs
- SB** Soy Beans
- M** Mustard
- L** Lupin
- C** Crustaceans
- P** Peanuts
- G** Gluten
- F** Fish
- N** Nuts
- SS** Sesame Seeds
- M** Mollusc
- C** Celery
- SD** Sulphur Dioxide